

# NOVEMBER 2017

## EL MORRO ELEMENTARY



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**DID YOU KNOW?**  
American football is the main sport watched in the United States during this month.

1  
100% All Beef Hot Dog or Veggie Burger  
Baked Beans  
Seasonal Fresh Fruits and Vegetables  
Choice of Milk

2  
Chicken Soft Tacos  
Refried Beans  
Frozen Fruit Icee  
Seasonal Fresh Fruits and Vegetables  
Choice of Milk  
**Corn Tortillas Upon Request Gluten Free**

3  
**Z PIZZA**  
Cheese Pizza (V)  
Sliced Peaches  
Choice of Sides  
Choice of Milk

6  
**MEATLESS MONDAY**  
All Natural  
Bean & Cheese Burrito (V)  
Salsa – Sliced Pears  
Seasonal Fresh Fruits and Vegetables  
Choice of Milk

7  
Homemade  
Chili Con Carne with Gold Fish  
Blue Raspberry  
Lemon Ice  
Choice of Sides  
Choice of Milk

8  
100% All Beef Hamburger, Cheeseburger or Veggie Burger Whole Grain Bun  
Baked Beans  
Seasonal Fresh Fruits and Vegetables  
Choice of Milk

9  
Popcorn Chicken  
Steamed Corn  
Sliced Pears  
Seasonal Fresh Fruits and Vegetables  
Choice of Milk



13  
**MEATLESS MONDAY**  
Bosco's  
Cheese Sticks (V)  
W/Marinara Sauce  
Mixed Fruit  
Seasonal Fresh Fruits and Vegetables  
Choice of Milk

14  
Mandarin King  
House Chicken w/Rice  
Applesauce Cup  
Choice of Sides  
Choice of Milk

15  
100% All Beef Hot Dog or Veggie Burger  
Baked Beans  
Choice of Sides  
Choice of Milk

16  
Chicken Soft Tacos  
Refried Beans  
Frozen Fruit Icee  
Choice of Sides  
Choice of Milk  
**Corn Tortillas Upon Request Gluten Free**

17  
**Z PIZZA**  
Cheese or (V)  
Pepperoni Pizza  
Mixed Fruit  
Choice of Sides  
Choice of Milk

20  
**MEATLESS MONDAY**  
Vegetarian Bistro Box (V)  
Hummus, Cheese, Crackers  
Carrots & Sliced Apples  
Choice of Sides  
Choice of Milk

21  
Meatball Sub  
Blue Raspberry  
Lemon Ice  
Choice of Sides  
Choice of Milk

22  
**HOLIDAY**

23  
**HOLIDAY**

24  
**HOLIDAY**

27  
**MINIMUM DAY**  
**MEATLESS MONDAY**  
All Natural  
Bean & Cheese Burrito (V)  
Choice of Sides  
Choice of Milk

28  
**MINIMUM DAY**  
Fresh Fruit & Yogurt Parfait (V)  
Sliced Apples  
Choice of Sides  
Choice of Milk

29  
**MINIMUM DAY**  
Breakfast Bagel Sandwich  
Fresh Grapes  
Choice of Sides  
Choice of Milk

30  
**MINIMUM DAY**  
Fresh Fruit & Yogurt Parfait (V)  
Sliced Apples  
Choice of Sides  
Choice of Milk



### SNACKS

- Bagel w/Cream Cheese \$1.00
- Blueberry Muffin \$0.75
- Yogurt \$1.25
- Breakfast Sandwich \$2.00
- Small Cereal w/Milk \$1.25
- Fruit Parfait \$2.00
- Assorted Chips \$1.00
- Granola Bar \$0.50
- Clif Bar \$1.50
- Krispy Treat \$1.00
- Milk/Juice \$0.60
- Fresh Fruit \$0.50
- Water \$1.00

Lunch Price \$3.90  
Staff Meal \$4.40

FRESH FRUIT/SALAD BAR  
NOW PROUDLY SERVING  
SEASONAL LOCALLY  
GROWN FRUITS &  
VEGETABLES  
CHOICE OF MILK

### School News

NUTRITION SERVICES  
"FEATURING ALL  
NEW"

NITRATE/NITRITE FREE  
HOT DOGS &  
HORMONE FREE  
ANTIBIOTIC FREE  
HAMBURGERS

497-7700 x5216 or email  
[dappel@lbusd.org](mailto:dappel@lbusd.org)

Please take a minute to check out  
the Nutrition Services website  
[www.lbusd.org](http://www.lbusd.org)

GOING GREEN ONLINE MENUS



ONLINE DEPOSIT  
WITH e-Funds

"This institution is an equal  
Opportunity employer"